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Crime rate falls

REPORT While the overall crime rate in the city is down eight per cent, according to a Statistics Canada report released yesterday, Calgary is sixth in per-capita homicides with 2.9 for every 100,000 people in 2008.

Calgary police spokesperson Kevin Brookwell said they are pleased with the numbers, as 2008 was a busy year for the city's gangs. Overall crime across the country decreased five per cent. METRO CALGARY

Business pg 5

RIM, Nortel at odds over bid

FocusOn FirstNations

Metro Canada continues its focus on First Nations and Aboriginal news, community issues, arts and culture as part of a special series coinciding with the Assembly of First Nations convention ending tomorrow in Calgary.

• Today
• **Chief Fontaine reflects on the past, future, page 2**
• **Lawrence Martin breaks down the candidates for the AFN election, page 4**
• **Joseph Quesnel stresses reforms needed with the AFN, page 4**
• **Graduate degrees in Nunavut, page 8**
• **Nunavut's Idlout swaggers as alt rocker, page 12**

Teens tackle taboo in Rent

Young actors exploring AIDS, drugs, sexuality through popular musical

KRISTA SYLVESTER
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A group of Calgary high school thespians are set to tackle AIDS, drug use and homosexuality in the summer production of the controversial Broadway musical Rent.

Summerstock productions and AIDS Calgary put out the call to city high school students for the polemic play, which will debut later this month, and a cast of 65 was selected from 3,000 hopefuls.

The smash-hit musical exposes the roots, causes and consequences of AIDS through drug use, and sex — both homosexual and heterosexual.

The Summerstock characters will be played by students of various sexual orientations who are 15 to 19 years old.

"Some of the students are openly and proudly gay, and some are straight, but I think the beautiful thing today is gay students can feel safe and open at schools," said artistic director Jim Senft.

Senft acknowledged the controversies that come with high school students tackling such taboo subjects in light of the recent dispute over Bill 44, but he pointed out this is Rent: School Edition, which focuses more on education than shock value and omits some of the edgier elements of the musical like physical contact.

"We don't ever want to run from controversy. People are entitled to their opinion and that's their right, and it's our right to perform the play," he said, adding all parents were notified in advance and fully support their children.

One of the lead actors is 18-year-old Graham Mothersill, who plays a 30-year-old gay man with AIDS.

Mothersill said he isn't concerned about any stigma attached to playing such a role.

"I was just excited to be a part of Rent, and my parents were totally supportive," he said.

Laura Wershler, executive director for Sexual Health Access Alberta, also supported the idea, saying she was "amazed" that a group of students would step up and tackle such issues by "advocacy through art."

AIDS in Calgary

• AIDS infections in the city have increased 30 per cent in the past three years, according to AIDS Calgary.

ROBIN KUNISKI/ FOR METRO CALGARY

Kierstyn Secord playing the character of Maureen in Rent.

METRO NewsExclusive

Calgary teens killed in Washington state car crash

JOEL MESSNER
for Metro Calgary

DEATHS A weekend car wreck in Washington state has claimed the life of two 18-year-olds from Calgary.

Washington state troopers confirmed Calgarians Kylie Doxtater and Mikelle Hendrickson were killed Sunday when the car they were in veered off State Route 8 at a high rate of speed.

Also seriously injured in the crash were Calgarians Benjamin Harms and Lena Elliot.

Kylie Doxtater

Mikelle Hendrickson

State troopers said they believe drugs played a factor in the crash.

Before Harms was taken to hospital, he was placed under arrest for two counts of vehicular homicide and one count of assault, the state troopers said.

"Both (Doxtater and Hendrickson) were absolutely amazing people and I can't imagine a world without them," said David Howe, Hendrickson's former boyfriend.

"(Hendrickson) taught me how important it is to live life in the moment, to be open."

According to friends, the group was heading home from a road trip to Tijuana, Mexico.

"I could always rely on her to bring the energy of the group up, or to bring comedy to situations at their worst," said Steven Hayes, Doxtater's drama classmate.

Both Doxtater and Hendrickson had recently graduated from Bowness High School.

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Feds help give a boost to folk festival

The Calgary Folk Fest was given an early present yesterday in the form of a $290,000 cheque. Canada's Tourism Minister Tony Clement was in the city and presented the festival with the stimulus package funds as part of the newly announced Marquee Tourism Program. METRO CALGARY

Local

Strap on the skates to fight cancer

The Canadian Cancer Society is taking the gloves off and Face-Off Against Cancer later this year with a weekend-long hockey tournament with NHL alumni and local celebrities. The round-robin will take place in Calgary the weekend of Sept. 11 to 13 and funds raised will go towards cancer research. For more information visit cancer.ca.

METRO CALGARY

Old schools might get a new use

CLOSED New legislation that has been passed by the government of Alberta, will allow the city of Calgary to re-use closed school sites.

According to Ald. Ric McIver the legislation is awaiting final approval from the government, but when that is reached old school sites will be allowed to be used for affordable housing, non-profit daycares, non-profit senior centres, city facilities and libraries.

"I think the legislation if they give it ascent will be a big improvement on what has been happening in the past," said McIver.

McIver said that council hopes the ascension will happen by this fall.

METRO CALGARY

Kangaroos hop into Calgary Zoo

VISIT Calgary Zoo visitors will be treated to some new things down under as keepers unveil some new additions to the facility's marsupial collection.

Two red kangaroos, Willa and Kiki, were introduced to the exhibit over the past two weeks after coming from Colorado Zoo in May. Another new addition in the form of a six-month-old joey has been venturing outside his mother's pouch at the Bennett's Wallaby enclosure, zookeeper Barb Campbell said.

"It's really cute to see the joey, getting out of the pouch, bouncing around for a little while and then popping back in," she said.

METRO CALGARY

Pincott wants 'power of we'

Aldermen seeking to share city's information with the public

DARREN KRAUSE
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Easy access to City of Calgary data has at least one Calgary alderman believing collaboration is key to having citizen input on civic improvements.

Citing Calgarians Internet connectivity and desire for access to online city information and services, Ward 11 Ald. Brian Pincott and Ward 9 Ald. Joe Ceci crafted a notice of motion for the July 27 council meeting that would instruct administration to provide a report on allowing greater access to raw data collected by the city.

Ald. Brian Pincott

"One of the things cities do well is collect data," said Pincott, noting road usage, census data and how people travel in the city could be available under this plan.

Pincott wants to make the raw data available so that others can use it to collaborate on their own concepts or applications — some that could add future value to the city.

"The city and its citizens could come up with some amazingly wonderful, unexpected results," he said.

While a variety of information is already accessible to Calgarians, Pincott wants to provide information — without infringing on privacy, and at a cost – in the easiest form, available to the most number of citizens.

"That is the absolute joy of open source — it is the absolute proverbial 'the power of we,'" he said.

Dr. Chloe Atkins of the University of Calgary points out potential privacy concerns with the proposal, and isn't convinced Pincott's motion will achieve its desired effect.

"It doesn't seem like it's doing a whole lot, when in fact we might easily get access to that material through other means," Atkins said.

"Yes, you can open up the information, and in some cases it might be helpful, but it may just end up politicizing things. People can use information in all sorts of ways."

An open government project is already underway in Vancouver.

Fontaine reflects on his successes

FocusOn FirstNations

AMY GREGSON
for Metro Calgary

RESIGN National Chief Phil Fontaine took the last day of his reign to address his people, and reflect upon his leadership of Canadian Aboriginal Peoples over the past decade.

Fontaine has been the national chief for the past nine years and he told delegates yesterday at the 30th annual Assembly of First Nations conference in Calgary that stepping down was a difficult decision, but one with which he is content.

The former chief of the Sagkeeng First Nation in Manitoba said he felt blessed to have this time as leader.

"I consider it a rare privilege."

Fontaine reflected on the past nine years on what has been accomplished for First Nations people in this country and said everything has been done for the good of the people.

ROBIN KUNISKI FOR METRO CALGARY

Assembly of First Nations National Chief Phil Fontaine opened the 30th annual AFN conference in Calgary yesterday. A successor for Fontaine will be elected today.

Successes Fontaine touched on included improving band leadership representation between male and female elders, building relationships with the private sector and the $1.4-billion stimulus package to Aboriginals.

Fontaine also spoke about the apology given on June 11, 2008 to the survivors of residential schools and it is a start to the work that still needs to be done.

"That work will be made so much easier by the apology and those words spoken by the prime minister."

Fontaine said the gap between Aboriginals other Canadians in terms of housing, education and quality of life still needed to be addressed.

The election for the new chief begins today.

Calgary in brief

SEX TRADE A former Calgary scout leader has been accused of being the lead organizer of a sex tourism business connecting pedophiles to boys as young as four. John Wrenshall is alleged to have arranged trips for sex tourists to travel to his home in Thailand and pay him to engage in sex with boys, reports say.

SENTENCE A teacher who used to teach and coach at a Calgary private school was sentenced yesterday for sexually exploiting a girl. Blaine Harrison was sentenced to 11 months in jail along with 12 months of probation. He has been registered as a sex offender.

REUNITED A Calgary boy is back home after being allegedly abducted by his father and taken to the Middle East. His mother travelled to Lebanon to retrieve the boy from his parental grandparents. The father of the boy has been charged with kidnapping his own son back on June 15.

METRO CALGARY

Photographer alleges police deleted photos of arrest

KRISTA SYLVESTER
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CONTROVERSY A Calgary man is upset after police allegedly deleted photos he took of an arrest on Sunday afternoon.

Freelance photographer Robert Thivierge was on his way home after taking photos of the Fiestaval Sunday and along 8th Avenue and 1st Street he said he saw four police officers arresting a man and began snapping photos.

"Then an officer approached me and said I couldn't leave with photos and I wasn't allowed to keep them and they were demanding I delete them or lose my camera for a year," Thivierge said.

Thivierge said a debate with officers began, and they demanded he delete the photos, but because of a glitch with his camera he was able to keep two photos that he later uploaded to his Flickr account. "I didn't think they were doing anything wrong, the only thing that made me suspicious is the fact they were demanding I delete them."

Calgary police spokesperson Kevin Brookwell said he was aware of the incident but was waiting to speak to the officers involved for their side.

"Basically, we have no legal authority to stop people from taking photos in a public area or no authority to delete the photos," Brookwell said, noting that if they were needed for evidence they would acquire the photos and return the camera or memory card to the owner.

PHOTO COURTESY ROBERT THIVERGE

Photo of an arrest taken by photographer Robert Thivierge. He says police demanded he delete the photos.

metronews.ca

What's online today.

Video A Mustard Seed program aims to give teens a chance to reach out to the homeless. Watch at **metronews.ca/local**

Video Woodstock residents feel a mix of anguish and relief after Tori Stafford's remains found at **metronews.ca/canada**

Blogs

Sexcetera on a study that reveals the financial value of saying 'I love you'

Bombs kill 16 in Baghdad

Bombs exploded across Baghdad yesterday, killing 16 people and wounding dozens. In Iraq's usually quiet Anbar province, the country's largest, a rare two-day vehicle ban was imposed across the vast desert region after bombings in the provincial capital Ramadi. REUTERS

Canada/World

BLAIR GABLE/REUTERS

Investigator Sheila Weatherill listens to a question as she reports her findings on the listeriosis outbreak at a news conference in Ottawa yesterday.

Outbreaks 'a real risk'

Listeriosis investigator wants system revamped

Canada's food-safety system acted without a sense of urgency in last summer's listeriosis crisis, says a new report.

"Until the system is remedied, events like those of the summer of 2008 remain a real risk," investigator Sheila Weatherill said yesterday.

Twenty-two people died after eating contaminated deli meat.

Weatherill, a nurse and health executive who led the federally appointed investigation into the outbreak, said in her report there was evidence of contamination on meat-production lines months before the outbreak.

But these trends weren't being effectively monitored, she said.

A shortage of food-safety workers, with some on summer vacation, and insufficient training of food inspectors contributed to the outbreak, she said.

Last summer, contaminated deli meats from a Maple Leaf food processing plant in Toronto were linked to the outbreak.

"I learned this summer's outbreak was … a complex event that defies simple explanations," Weatherill said. REUTERS

Violent day in Afghanistan

AFGHANISTAN At least nine people were killed when Taliban guerrillas, including waves of suicide bombers, launched a series of attacks in east Afghanistan yesterday, officials said, in a clear upsurge of violence.

Suicide bombers attacked, or attempted to attack, government and security offices and a military post in two key eastern towns, Gardez and Jalalabad. Gunbattles raged in Gardez amid confused reports of the fighting.

In Gardez, capital of Paktia province, the U.S. military said at least three suicide attacks were reported. The Taliban said 15 suicide bombers launched attacks against government buildings.

Separately, two would-be suicide bombers attempted to attack a military outpost near the airport in Jalalabad, a former Taliban stronghold and capital of Nangarhar province, bordering Pakistan.

The Taliban, leading a growing insurgency against the Western-backed government and seeking to drive foreign forces out of Afghanistan, claimed responsibility for both attacks. Violence has surged across Afghanistan since thousands of U.S. Marines and British troops launched major new offensives in southern Helmand province, the heartland of the Taliban and the major producer of the opium poppy that funds the insurgency. REUTERS

TIM WIMBORNE/REUTERS

American soldiers talk to a village elder in Kolack in Afghanistan's Kunar province yesterday.

Police detain more protesters

IranCrisis

UNREST Iranian riot police clashed with hundreds of pro-reform protesters in central Tehran yesterday and detained dozens of them, a witness said, in the latest unrest over last month's disputed election.

The witness said police beat protesters who had gathered in Tehran's Haft-e Tir square in defiance of a ban on such demonstrations following the June 12 election, which the opposition says was rigged in favour of Mahmoud Ahmadinejad.

"Riot police are taking dozens of protesters into their cars and they are taking them away," the witness said. "There are hundreds of riot police and plainclothes (security forces), beating people who gathered to support (opposition leader Mir Hossein) Mousavi," the witness said. The clash erupted four days after confrontations between police and protesters for the first time in weeks on Friday. REUTERS

School closures an option: WHO

FLU Influenza A (H1N1), also known as swine flu, has killed more than 700 people worldwide since emerging in April, and countries could consider closing schools to slow its spread, the World Health Organization said yesterday.

British researchers writing in the journal Lancet Infectious Diseases said on Monday that governments needed to draft plans for when and how to close schools if the pandemic worsens. REUTERS

Disproportionate number of inmates Aboriginal: Study

FocusOn FirstNations

BEHIND BARS Aboriginals account for 22 per cent of adult inmates in Canadian jails, while representing three per cent of the country's population, says a new study.

Factors such as education, income and housing may help explain the disproportionate numbers, says the Statistics Canada study.

But they "can only partially explain the representation of Aboriginal adults incarcerated in Canadian prisons," the study said. METRO CANADA

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Comment

Turning away from extreme

NationalReport

Chief John Beaucage, left and Chief Shawn Atleo, right, are considered the front runners to be the new national chief of the AFN. Chief Bill Wilson, Chief Perry Bellegarde and Chief Terry Nelson, below from top, round out the five candidates.

It was only a couple of years ago that the native peoples were threatening to shut down parts of the country's railway system at their national day of protest. One of the protest leaders was Terry Nelson of Manitoba. He enthusiastically declared that "we can shave $200 billion off the GDP of Canada."

Things have thankfully calmed down since then. Mr. Nelson is a candidate for the leadership of the Assembly of First Nations which will be decided in Calgary.

But of the five contestants for the position his chances are deemed remote at best. The winner will likely be one of the more conservatively inclined candidates, Shawn Atleo or John Beaucage.

That's surprising because the AFN has not exactly had an easy time with the Conservative government. It cut its funding to $7 million from $10 million. The Conservatives also did away with the Kelowna Accord, a $5-billion program of social assistance.

But under outgoing national chief Phil Fontaine, the First Nations have moved to see gains can better be made through conciliation. The leading candidates to succeed Fontaine are focusing on economic development. They want more investment in housing and education to address their high cost of living.

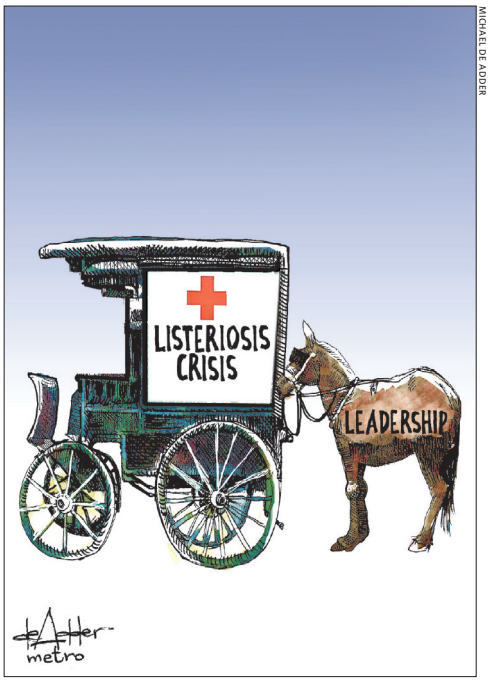
Education is high on the candidates' agenda. It's appalling that funding for aboriginal students is $1,200 less than the national average.

Shawn Atleo, the regional chief of the AFN for British Columbia, is seen as the frontrunner in the election, in good part because the voting under the AFN's antiquated system is done by the country's 633 chiefs and about one-third of them are from B.C. The 42-year-old Atleo is pushing hard on education reform. His main challenger, John Beaucage, grand chief of the Union of Ontario Indians, is an economist who favours more self-government. A third strong contender is Saskatchewan's Perry Bellegarde, who is pressing for an overhaul of fiscal relations with Ottawa. AFN elections are hard to predict. In the past they have brought forward radicals like Mathew Coon Come. This time such an outcome is unlikely. Though their problems are enormous, though their living standards are embarrassing in a country of such wealth, the First Nation chiefs appear content to favour pragmatism over extremism.

How long that will last is the question.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

FocusOn FirstNations



MICHAEL DE ADDER

Worth Mentioning

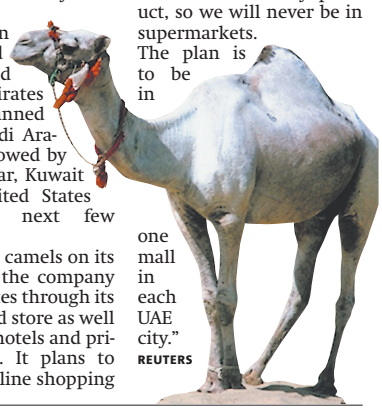
How do they get camel milk into their camel-milk bar?

CHOCOLATE Dubai's Al Nassma, the world's first brand of chocolate made with camels' milk, plans to expand into new Arab markets, Europe, Japan and the United States, its general manager said yesterday.

Martin Van Almsick said the United Arab Emirates company planned to enter Saudi Arabia first, followed by Bahrain, Qatar, Kuwait and the United States within the next few months.

With 3,000 camels on its Dubai farm, the company sells chocolates through its farm-attached store as well as in luxury hotels and private airlines. It plans to launch an online shopping facility within a month, Van Almsick said. The farm is controlled by the Dubai government.

"We aim to be the Godiva of the Middle East," Van Almsick said in an interview. "It's a luxury product, so we will never be in supermarkets. The plan is to be in one mall in each UAE city." **REUTERS**



Views

Four modest proposals for a new AFN chief

The Assembly of First Nations (AFN) is at a crossroads as they vote for a new national chief today.

The eventual winner must adopt reforms to put First Nations first. Among them:

1) Become accountable.

Results of the annual Frontier Centre for Public Policy Aboriginal Governance Index, an on-the-ground survey of indigenous people in Manitoba, Saskatchewan and Alberta, found:

- Close to half of all respondents reported favours and payments were exchanged for votes.
- About 74 per cent said members of the chief's family disproportionately receive jobs in the community.
- About 30 per cent knew of people removed from the community for political reasons through a band council resolution.
- Sixty-two per cent said they "do not really" or "never" received access to the band's business plan or financial statements.

2) Recognize the central role of private property in promoting prosperity.

The AFN is uniquely positioned to promote private property rights within First Nations, which would allow members to secure loans, build businesses and become self-reliant. Preventing development may look bold, but traps communities in poverty.

3) Lead by example and reform the AFN.

In 2005, the AFN's Renewal Commission called for drastic reforms, including adding a one-member, one-vote system for the national chief. Do it.

4) Stop playing politics.

The AFN stalled major initiatives that would have improved the lives of indigenous peoples: Axing the First Nation Governance Act in 2003 allowed electoral fraud to continue; the AFN's call for a three-year period before human rights legislation can be mandated for reserve governments exposed indigenous people to further oppression; recent calls to pull legislation that grants equal matrimonial property for First Nation women leaves women more vulnerable.

Joseph Quesnel is a policy analyst of Métis heritage with the Frontier Centre for Public Policy.

FocusOn FirstNations

Metro Online Poll Results

65% SAID YES

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Economy to take less damage than forecast this year: Bank of Canada
Canada's economy will contract this year by 2.3 per cent, the Bank of Canada predicted yesterday, a boost to April's forecast of a devastating three per cent contraction. TORSTAR NEWS SERVICE

5

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

RIM, Nortel at odds over wireless bid

Research In Motion Ltd. said on Monday Nortel Networks had effectively blocked the BlackBerry maker from bidding potentially $1.1 billion for the bankrupt Toronto company's wireless business.

Analysts said the smartphone maker was zeroing in on Nortel's library of wireless patents at a bargain price. RIM said it wanted to be qualified as a bidder in Nortel's auction of its CDMA and LTE wireless technology businesses, set for July 24, but was told it would qualify only if it pledged not to submit offers for other Nortel assets for a year.

RIM said it had been prepared to pay roughly $1.1 billion for the wireless business, based on a review, which would trump the $650 million stalking horse deal with Nokia Siemens announced last month. The smartphone maker's surprise statement comes as Nortel, once one of the world's largest technology companies and a Canadian icon, tries to hive off parts of its businesses. Nortel, in an emailed statement, said it diligently attempted to work with RIM on acceptable confidentiality terms relating to Nortel's intellectual property assets, but "RIM refused to comply with the court approved procedures."

RIM also said Nortel was aware of its desire to purchase other Nortel assets, "as part of a solution to retain key portions of Nortel's business under Canadian ownership." REUTERS

Caterpillar raises '09 forecasts despite dismal Q3 outlook

MACHINERY Caterpillar Inc. raised its 2009 profit target yesterday, saying the world economy was stabilizing.

The company's shares surged as much as 13 per cent after it raised its profit forecast for the full year.

The company, however, is still braced for a sharp drop in profit. At its midpoint, Caterpillar's new forecast anticipates a dive of more than 80 per cent in per-share earnings, The company — one of the first major U.S. companies to publicly forecast the severity of the downturn — warned the third quarter will be its weakest of the year. REUTERS

Business in brief

OIL Suncor Energy Inc. cleared the last hurdle for its $22.5-billion takeover of Petro-Canada yesterday when it agreed with Canada's Competition Bureau to sell 104 gas stations in Ontario, where both companies operate retail networks. With the bureau's approval, Suncor can complete the deal to create Canada's biggest oil company by Aug. 1, it said.

INTERNET Warner Music Group, the world's third largest music company, is still in talks with YouTube to license its artists' music videos even after all its major rivals have renewed their deals. REUTERS

Wal-Mart unveils plans to bring superstores to Sask.

RETAIL Wal-Mart Stores said yesterday that it plans to open its first supercentres in Saskatchewan, a move bound to heighten grocery price wars in the region.

The world's biggest retailer, which currently has 312 stores in Canada, will open two of the big-format stores, which feature a complete grocery store with fresh produce, meat and baked goods, along with Wal-Mart's merchandise shelves. The 185,000-square-foot stores are slated to open in Regina and Saskatoon in early 2010.

Analysts said the move into the largely agricultural-based province will heighten competition among existing grocers. REUTERS

Chains cut prices

- Canadian grocery chains in Eastern Canada, such as Loblaw and Metro Inc., have already been forced to cut prices on key staples as they look to fend off stiff competition from Wal-Mart.

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2014 World Cup to be dry?
Brazilian prosecutors are promising to fight FIFA to keep alcohol from being sold in stadiums during the 2014 World Cup of soccer in Brazil. The Brazilian Football Confederation prohibits alcohol sales in stadiums, but it is not a law and it could be easily reversed during the World Cup. METRO NEWS SERVICES

Sports

Peeping Tom will pay: Lawyer

ESPN reporter Erin Andrews, left, was secretly videotaped in the nude in a hotel room and the video was posted on the Internet, her lawyer says. It's unknown when or where the video was shot or who shot it. Andrews plans to seek criminal charges and file civil lawsuits against the shooter of the video and anyone who publishes the material, her lawyer said. METRO NEWS SERVICES

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Teammates still 1-2 at Tour

Spain's Astarloza lays claim to stage No. 16; Contador, Armstrong hold top spots

Spain's Mikel Astarloza used his climbing and downhill skills to win the mountainous 16th stage of the Tour de France yesterday as the leading contenders unsuccessfully tested each other out.

The Basque rider, 29, surged in the last two kilometres of the 159-km trek to Bourg-Saint-Maurice to give his Euskaltel team its first stage win since 2003.

"I'm a good climber, I can keep a good pace on the flat, but I'm not a sprinter. My only chance was to attack from far and I'm delighted it worked," Astarloza told reporters.

Astarloza, who finished ninth overall in 2007, climbed to 11th place in the general classification.

Frenchman Sandy Casar had to be content with his sixth second place in a Tour stage, ahead of compatriot Pierrick Fedrigo, winner of the ninth stage in Tarbes.

Astarloza and the two Frenchmen were part of a break which shaped up in the two big climbs of the day, the Grand St. Bernard and Petit St. Bernard, crossing over to France from Switzerland and Italy.

Spaniard Alberto Contador retained his leader's yellow jersey one minute 37 seconds ahead of teammate Lance Armstrong with Briton Bradley Wiggins third, 1:46 behind.

The leading contenders seemed content to neutralize each other until six km from the top of the Col du Petit St. Bernard when Andy Schleck suddenly raised the tempo. REUTERS

BOGDAN CRISTEL/REUTERS

The pack of riders cycles in the Alps between Martigny and Bourg-Saint-Maurice, France, yesterday during the 16th stage of the 96th Tour de France.

Heymans wins silver at worlds

DIVING China's Guo Jinjing said she would try to compete at the London 2012 Olympics after sealing her fifth straight three-metre springboard gold at the world championships yesterday.

Canada's Emilie Heymans snatched silver in the competition while third-placed Italian Tania Cagnotto gave the host nation its first medal of the world aquatics championships to the delight of a success-starved crowd. REUTERS

Sports in brief

SOCCER Prosecutors told a jury yesterday that Liverpool captain Steven Gerrard lost his cool in a nightclub and aimed a succession of punches at a man who wouldn't let him take charge of the music. Gerrard denies the charge.

SHOOTING Former Memphis Grizzlies point guard Antonio Burks remains in critical condition a day after being shot during a robbery.

TRACK Triple Olympic champion Usain Bolt predicted yesterday he could reduce his own world 100 metres record to 9.54 seconds when the right opportunity comes. Bolt clocked 9.69 seconds in last year's Beijing Olympic final despite celebrating his victory before he had crossed the finish line.

NFL Latin singer Marc Anthony has acquired a minority interest in the Miami Dolphins football team, joining entertainers Jimmy Buffett and Gloria Estefan who also are associated with the storied sports franchise. METRO NEWS SERVICES

Jays blow lead, lose to Tribe

MLB RESULTS

Cleveland 2 Toronto 1

AT

BASEBALL Victor Martinez's two-run double in the ninth atoned for the Indians' earlier struggles, as Cleveland took advantage of Lyle Overbay's throwing error in the final inning to grab a 2-1 victory in Toronto last night.

Martinez's hit came after Overbay threw an attempted sacrifice bunt into left field in the ninth, while Cliff Lee (6-9) pitched his second consecutive complete game, allowing just one run on seven hits with four strikeouts.

The win snapped a three-game losing streak for the Indians, who began a nine-game road trip. They recorded the win despite stranding 14 — nine in the first four innings.

Scott Rolen homered, while rookie Brett Cecil pitched seven scoreless innings for the Blue Jays. METRO NEWS SERVICES

Steelers QB accused of sexual assault

LAWSUIT Pittsburgh Steelers two-time Super Bowl-winning quarterback Ben Roethlisberger was reportedly accused of sexual assault by an employee of Harrah's Lake Tahoe hotel in Nevada.

According to the Pittsburgh Post-Gazette, the civil lawsuit was filed last Friday in Washoe County, Nevada. The suit apparently also names eight employees of Harrah's that helped cover up the incident.

Roethlisberger's lawyer reportedly denied the claims.

The report states the incident stemmed from the American Century Celebrity golf tournament.

Ben Roethlisberger

The woman worked as a concierge for the tournament and was later called up to provide room service for the Pittsburgh quarterback. When she arrived, apparently no room service was necessary, and Roethlisberger allegedly committed non-consensual sexual acts with the woman.

The lawsuit includes 12 claims, including assault, sexual assault and battery, false imprisonment, fraud, invasion of privacy and defamation. No criminal complaints have been filed, according to the report.

This is the first off-field issue for Roethlisberger since his much-publicized motorcycle incident in the 2006 offseason. METRO NEWS SERVICES

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Green wheels for green summit
World political leaders at the United Nations Climate Change Conference, which will be held in Copenhagen in December 2009, will be transported using bioethanol made from straw. The cars will be supplied by Volvo. METRO NEWS SERVICES

Metro Drive

Genesis appeal

J.D. Power and Associates has chosen the Hyundai Genesis as its most appealing midsize premium car in the 2009 Automotive Performance, Execution and Layout (APEAL) Study.
METRO NEWS SERVICES

EDITOR: KUMAR SAHA, KUMAR.SAHA@METRONEWS.CA

Power up, fuel down

Camry hybrid doesn't skimp on usual comforts

Wide shoulders, clean, unadorned sheet metal and a stylish chrome grille treatment give the Camry Hybrid a sophisticated look.

2010 Toyota Camry Hybrid

Type: Mid-size hybrid sedan
Price: from $30,900
Engine: 2.4-litre, 16-valve DOHC four cylinder gas engine with high-torque electric motor (combined 187 hp, 138 lb/ft)

Highlights

- Impressive acceleration
- Plenty of standard equipment
- Sophisticated look

NEIL MOORE
for Metro Canada

Truth be told, I'm a bit of a closet greenie, which is why the Camry Hybrid suits me just fine.

I don't wear my respect for the environment like a badge — no beard, no sandals, no baggy cargo shorts with 101 pockets. And I don't feel the need to drive anything that shouts 'hybrid' to passersby.

The 2010 Camry Hybrid, save for subtle badging on the sides and trunk, is nearly identical to its gas-powered sibling. It enjoys same taut lines, wide shoulders and cladding-free sheet metal — and an even nicer front grille treatment.

The 2010 Camry Hybrid is available in one model, powered by Toyota's Hybrid Synergy Drive system, which has been installed in more than one million hybrids since 1997. In this configuration, it mates a 2.4-litre, 16-valve DOHC four cylinder gas engine with a high-torque electric motor, storage battery and energy management system.

The system can deliver a combined 187 hp across a wide band of engine speeds. This is partly due to the electric motor's ability to deliver maximum torque almost instantly, unlike gas engines which do so at higher RPMs.

The beauty of this hybrid system is that the gas engine and electric motor can work independently or together, switching seamlessly back and forth depending on demand. At startup, and if you're easy on the pedal at low speeds, the Camry will run on the electric motor only.

Push the accelerator a little harder and the gas engine joins in smoothly and quietly. Ease off again, and you're back to electric drive.

When you really have to go, such as when passing or merging on to a highway, both gas and electric work together. And coupled with the standard equipped continuously variable transmission (CVT), this powertrain delivers surprisingly brisk acceleration. The Camry Hybrid will go from zero to 60 mph (96 km/h) in about 8.4 seconds.

The Camry Hybrid is rated at 5.7 litres/100 km (50 mpg) for both city and highway driving. These ratings, of course, are difficult to match in the real world, and by the end of the week, my results were closer to 7.0, which is not bad for a sedan of this size.

Aside from all this green tech, the Camry Hybrid gives you all the comforts you'd expect in one of Canada's most popular mid-size sedans. Standard equipment includes eight-way power adjustable driver's seat, dual zone climate controls, smart key system with push button start, a JBL eight-speaker audio system with six-CD changer, and steering wheel audio controls.

© 2009 Audi Canada. †Whichever occurs first. Maximum coverage available if there is remaining coverage from the Audi New Vehicle Limited Warranty. Audi CPO Limited Warranty effective for up to the earlier of 2 years/40,000 km. *Limited time finance offer available through Audi Finance, on approved credit. 0.9% APR financing available for up to 24 months on all 2004-2009 A4 models. Example: MSRP of $27,900.00 for a 2006 Audi A4 2.0T quattro Sedan with automatic transmission financed at 0.9% APR for 24 months, equals $1,325.97 per month. Dealer may sell for less. Down payment or equivalent trade-in, due at signing, may be required. Cost of borrowing is $296.28 for a total obligation of $31,823.28, including taxes and finance charges. PPSA, license, insurance, registration, any dealer or other charges and options extra. Offer valid until October 1, 2009 and may change or be withdrawn at any time without prior notice. Dealer order/trade may be necessary. "Audi", "A4", "quattro", and the four rings emblem are registered trademarks of AUDI AG. "CARFAX" is a registered trademark of CARFAX, Inc. To find out more about Audi or for more details, see your dealer, call 1-800-FOR-AUDI, or visit www.audi.ca/certified.

Will carrots and sticks do the trick?

A cement mixer collides with a prison van. Motorists are asked to be on the lookout for 16 hardened criminals.

That joke by Britain's Ronnie Corbett has nothing to do with the topic of this column.

But I figured a bunch of you would tune out immediately if I launched with the actual topic — the new proposed auto emissions regulations. Forging the right regulations is obviously a worthwhile exercise, just not a particularly uplifting one, as it usually entails accusatory tones, convoluted excuses, and the spectre of reprimands.

But this round of regulation talk at least has the Obama factor in its favour. The "cool" U.S. president started the whole thing off this May when he announced the new standard that roughly mirrors the proposed California clean air standard, and that it would be enacted by 2016, four years earlier than the original deadline of 2020.

But the most novel aspect of these tough new standards is that they would be national, replacing the patchwork of state legislation that so infuriated the automakers.

Some automakers and some industry watchers contend that consumers won't buy these new super-duper fuel-efficient thingies — because the new standards will surely make them more expensive, and because many won't fit their lifestyles. The evidence used by this camp is that many super-efficient vehicles are already on the market, and they're not exactly flying off the shelves.

So we get this "stick" approach being applied to the automakers, and some "carrots" like Ontario's proposal to offer rebates between $4,000 and $10,000 for plug-in hybrids and electric cars purchased after July 1, 2010.

A pre-production Chevy Volt. Regulations and rebates are crucial to get consumers driving greener cars, Michael Goetz says.

Michael Goetz has been writing about cars and editing automotive publications for more than 20 years. He lives in Toronto with his family and a neglected 1967 Jaguar E-type.

Workplace Law with Daniel Lublin
Check Metronews.ca/workplacelaw for the latest in employment law with Daniel Lublin.

Workology

More rail against transit age limit

University of Ottawa President Allan Rock has written to Ottawa's acting mayor asking that city council remove the new age limit on student bus passes. Rock says in his letter that the new policy, under which full-time students over the age of 27 cannot qualify for the discounted transit passes, will "have a significant impact on a large segment of our student body, in particular those students pursuing graduate studies." METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

A masterful moment for Nunavut

RAFAEL BRUSILOW
for Metro Canada

For 21 Inuit women in Nunavut, receiving their master's degrees in education isn't just a personal success, it's a historic event marking the beginning of a bright future for the territory.

The 21 female educators were recently awarded the first graduate degrees ever presented in the young Canadian territory, proving that determination and hard work can make possible the goal of having Nunavut's education system one day run by its own people.

The recipients all successfully completed a three-year masters of education program led by the University of Prince Edward Island and also administered by Nunavut Arctic College and St. Francis Xavier University and funded by the Nunavut government.

Dr. Fiona Walton, a professor of education at the UPEI who helped create the degree program, says the biggest challenge was to deliver an academically rigorous program with a high standard of scholarship, presented in both English and the native Inuit language of Inuktitut. She says the students not only rose to the challenge but excelled in the program.

"English is a second language for every one of these graduates and they've worked very, very hard to get these degrees. The quality (of scholarship) is there," Walton said.

PHOTO SUBMITTED

From left: Chancellor Bill Andrew, President and Vice-Chancellor H. Wade MacLauchlan (both from the University of Prince Edward island), Shuvinai Mike, and premier of Nunavut Eva Aariak a the graduation ceremony for Nunavut's first master's in education program.

From the program's start in 2006, students undertook a combination of face-to-face classes and online learning over three years to make it possible for them to earn their degrees without having to travel away from Nunavut.

"One of the things we were committed to was that students wouldn't have to leave Nunavut, we would come to them. The ultimate goal is that the educational system in Nunavut will be run by Inuit," Walton said.

Walton, who lived for 15 years in Nunavut, conducted a survey of Nunavut educators in 1995 that showed educators in Nunavut were desperate to pursue advanced qualifications but simply couldn't leave their families to study in the southern parts of the country, leaving senior educational positions in the territory held by southerners. She saw a burgeoning need and decided to do everything she could to fill the educational void left in Nunavut.

FocusOn FirstNations

"They needed to have professional learning brought to them — there's almost no expertise about Inuit education in Canadian Universities," Walton said.

Shuvinai Mike, one of the 21 graduates, believes the degrees she and her classmates have received signal a shift towards Inuit values in Nunavut's education system.

"These degrees will help our people to enter leadership roles and say that our values and ways are the best ways for our people. That cultural identity really has to be part of the school system. We can now put a voice to our ways," Mike said.

For Walton, graduates like Kuliktana signal a new way forward for Nunavut's educators.

"People are saying it was a transformational learning experience for them — they're really learning who they can become now as educational leaders. They've created their own vision together," Walton said.

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World's Best Awards

The Auberge Saint-Antoine, a boutique hotel in Quebec City's historic Old Port, is No. 3 on the list of Top 10 Small City Hotels in North America, according to Travel + Leisure's 2009 World's Best Awards readers' survey. See travelandleisure.com/worldsbest. METRO NEWS SERVICES

Travel

A magical exhibit

You might not be able to visit Hogwarts, but you can always fly off to see Harry Potter: The Exhibition at Chicago's Museum of Science and Industry. The exhibit, which runs until Sept. 27, includes more than 200 "authentic artifacts" from the films, including Harry's original wand and eyeglasses, elaborate outfits from the Yule ball and Gryffindor school uniforms. The show requires timed-entry tickets; see msichicago.org. METRO NEWS SERVICES

TRAVELDESK@METRONEWS.CA

Top hotel beds

For travellers who need a good bed for a good night's sleep, travel guidebook publisher LUXE City Guides has come up with a list of the top hotel beds around the world.

1 **The Bowery Hotel, New York:** The Bowery Hotel's custom-built American-style wooden beds look as plump and comfy as they feel. Serta mattresses are enveloped in custom 400 count Egyptian cotton sheets, plus down duvets, two firm and two soft down pillows, or if you're sensitive, a choice of hypo allergenic pillows and duvets. Leave the curtains open for views of the twinkly Manhattan skyline.

2 **The Setai, Miami:** With its 700 count sateen cotton treats from Christian Fischbacher of Switzerland, Dux beds with a 2.5 inch (6 cm) latex top pad and a choice of down, feather or hypo allergenic handmade pillows from Singaporean company Ploh, it's hard not sleep. Wake up with the views of the sunrise over the Atlantic.

3 **Sofitel Watertower, Chicago:** The trademarked SoBed sleep system is actually a Serta mattress topped by a Pacific Coast featherbed and duvet, custom 250 count linen and foam and feather pillows. If you can't stand another night without a SoBed, you can buy one through the hotel.

4 **Park Hyatt, Sydney:** Lie on an oversized Sealy Hyatt Grand Pillow Top king with 50 percent down and 50 percent feather pillows, snuggling under a cosy down and feather duvet and Australian Royal Collection 300 thread count linens. Wake to a view of the iconic Sydney Opera House and the dazzling harbour. REUTERS

Paris Plages **Sunning by the Seine**

BENOIT TESSIER/REUTERS

People enjoy the sun as Paris Plages opens along the banks of the River Seine in Paris. The annual transformation of a section of the Seine into a man-made beach lasts until Aug. 20.

Poll rates best airports for shut-eye

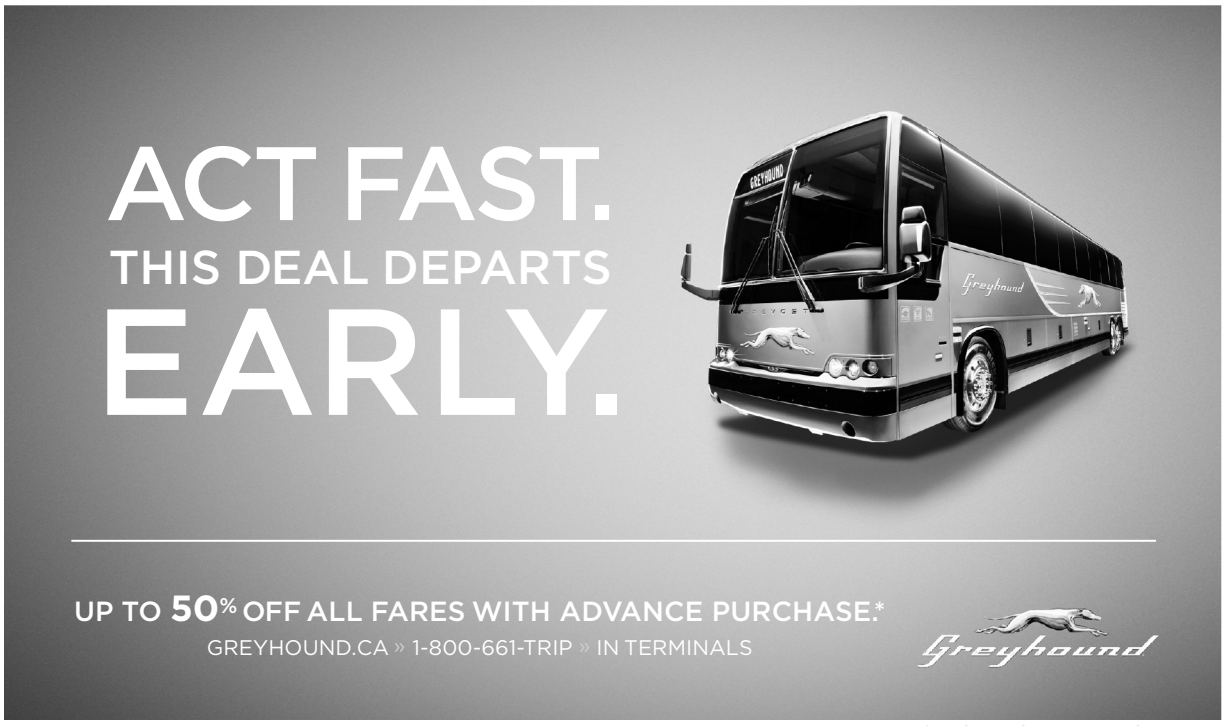
AMENITIES On a shoe-string, stuck or just need some shut-eye? Avoid Paris' Charles de Gaulle at all costs, but embrace Singapore's Changi, according to a survey that rated the world's 10 worst, and best, airports to sleep in.

Dirty floors, filthy, overcrowded bathrooms, bird poo and biting insects were among the biggest complaints of the 6,200 travellers who took part in the poll, by travel website The Guide to Sleeping in Airports.

Charles de Gaulle was voted the absolute worst, followed by Sheremetyevo in Moscow, which one traveller called "hell on earth." In the third and fourth spots were New York's JFK and Los Angeles' LAX, while India's Delhi airport rounded off the top five worst airports.

On the flip side, Singapore's Changi was rated the cleanest and most comfortable airport to sleep in, followed by Seoul's Incheon and Amsterdam's Schiphol.

Oslo's Gardermoen and Hong Kong airport rounded off the top five best airports, which the site said travellers loved for the amenities. REUTERS



*Advance purchase required. For details, please visit greyhound.ca or call 1-800-661-TRIP. New bus design shown above is currently only available on select routes. Restrictions may apply. © 2009 Greyhound Canada Transportation Corporation.

Flights prices are per person, one way excluding tax. Prices correct at time of going to print and are subject to change. E&OE

Happy Birthday

Through August, Guinness Storehouse, Ireland's top visitor attraction, is celebrating the company's 250th anniversary with daily events including music, lectures, tours and demonstrations. A live Céili band and Irish dancers will bring the house down each Saturday. See guinness-storehouse.com. METRO NEWS SERVICES

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In search of the eclectic

ELISABETH BRAW
Metro World News

Self-mummified monks; a house built of paper; a museum filled with the genitals of every known mammal. The world is full of breathtaking places nobody has ever heard of.

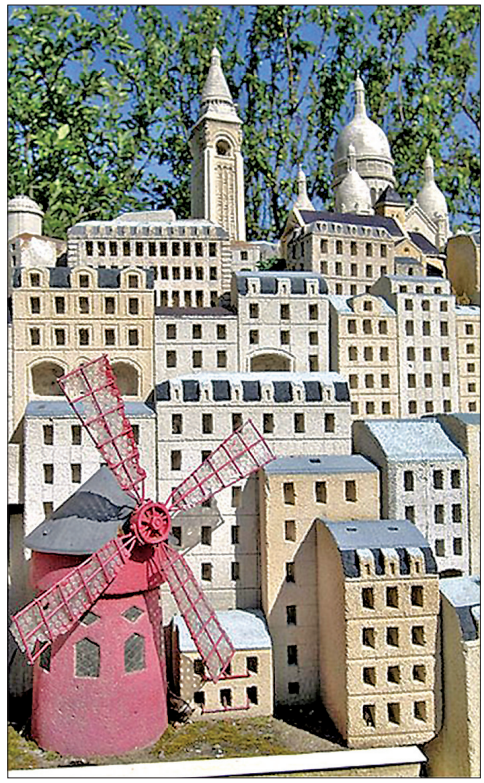
"Dylan and I both travel often, and anytime we do, we're always on the lookout for the sorts of weird places that are left out of traditional guidebooks and are ignored by the average tourist," says science journalist Joshua Foer, 26, speaking of himself and his friend Dylan Thuras, also 26.

So they launched atlasobscura.com, which features such destinations.

"If you live in Massachusetts, you might know that there's an incredible 70-year-old house built entirely out of paper in the town of Rockport. But if you're visiting Massachusetts for the first time, how are you going to find out about it?" adds Thuras, a filmmaker who recently spent a year in Budapest.

"Most of the places in the Atlas are submitted by users who live nearby."

At Spain's Gomera Island, residents use a "whistling language." Vocabulary: 4,000-plus words. The Czech Kostnice Ossuary Beinhaus is a church decked out with human bones.



In Vaissac, France, a miniature model of the City of Lights built out of garbage.

For culinary pleasures, try Austria's Starkenber Beer Myth Resort, which offers the world's only beer swimming pools, or Paris restaurant Dans le Noir? where diners eat in total darkness, served by visually impaired waiters.

Here are Joshua Foer and Dylan Thuras' top destinations, which you can see at atlasobscura.com:

- The Gates of Hell, Derweze, Turkmenistan: A giant hole in the Karakum Desert that's been burning for four decades.
- The Paper House, Rockport, Maine: A 70-year-old structure built entirely out of paper.
- The Icleand Phallological Museum, Husavik, Iceland: A museum filled with the genitals of every known mammal in Iceland.
- Don Justo's Self-Built Cathedral, Mejorada del Campo, Spain: A huge cathedral single-handedly built by an eccentric exmonk.
- Musee Mecanique, San Francisco, CA: An incredible collection of automatons and mechanical orchestras.
- Bochnia Salt Mine, Bochnia, Poland: Poland's oldest salt mine has nearly everything one needs to live underground forever.
- Mini-Paris, Vaissac, France: A miniature model of the City of Lights built out of garbage.
- Siriraj Medical Museum, Bangkok: An incredible anatomical museum
- Eisinga Planetarium, Franeker, Netherlands: The world's oldest functioning planetarium.

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Arthur's Day
Guinness' 250th anniversary celebrations will peak on Arthur's Day, Sept. 24, which honours Arthur Guinness, the man who signed the 9,000-year lease on the St. James's Gate brewery in 1759 and whose legacy gave the world Guinness stout. See guinness-storehouse.com. METRO NEWS SERVICES

Spectacular spas on the Algarve

Facilities are chock-a-block in southern Portugal region

NIELS RIGTER
Metro World News

There's an easier way to chill out on the Algarve coast than hit the beaches crowded with packs of overheated tourists.

The region in the south of Portugal has become a go-to destination for spas, where you can relax with a grape mask, a seaweed wrap or even a "Siberian-Caribbean shower experience."

Less than 200 metres from the sea near the Algarve's tourist capital, Albufeira, the five-star spa resort Grande Real Santa Eulália is tempting people with its thalassotherapy, which is based on the therapeutic benefits of sea water.

An aerial view of Vila Vita, a five-star hotel on the Algarve coast in southern Portugual. Spa facilities at the hotel include steam rooms, a Roman bath and a waterfall.

A guest receives a massage outdoors at the Vila Vita. Other treatments at the hotel include algae baths, milk-and-honey baths and time spent in a "snow room."

There are pools for curing everything here — in one pool, counter-currents make it difficult to swim and underwater jets are designed to massage specific muscle groups. Elsewhere, bubbling baths and waterfalls soothe neck and shoulder muscles.

There are cocoons where in you can enjoy seaweed treatments, and seawater streams of different temperatures to stimulate and detoxify your circulatory system.

It's all very pleasant, but most of all, very good for your health, according to the spa host. The nearby sea might be warm and mineral-rich as well, but at the spa, the temperature is an optimum 35 C — and of course, you won't have to get sand between your toes.

You'll need at least six days to feel the benefits of your treatments here, but that shouldn't be such a hardship: In between spa sessions, you can enjoy watersports, golfing, long walks in the countryside, and sunbathing on some of Western Europe's most beautiful beaches. See gran derealsantaeulaliahotel.com.

Seven Spa at Hilton, Vilamoura

This Hilton is particularly popular with golfers, so its new spa will be a hit with golf widows and widowers.
Spa facilities: Water massage, aroma bath, saunas, swimming pool, steam bath, rest area, ice fountain.
Treatments: Seven different kinds of facial treatments; six different kinds of body treatments including a mint scrub and chocolate body wraps; and seven types of massages. Check out the shower experience in which the temperature of the water changes from Caribbean rain to an ice-cold Siberian deluge.
Online: www.7-spa.com

The Lake Spa Resort

This huge, five-star hotel at the edge of the town of Vilamoura was built seven years ago.
Spa facilities: Salt bath, bubble bath, massage pool, sauna, Roman bath, steam bath.
Treatments: Massages, aromatherapy; shower massage with seaweed or thermal mud from the Pyrenees; baths with mud from the Dead Sea; chocolate masks; desert heat thermo-therapy; all kinds of water massages.
Online: thelakeresort.com

Ria Park, Almancil

A five-star hotel in Vale do Lobo, the most exclusive golf area of the Algarve.
Spa facilities: Thalasso pool, sauna, Jacuzzi, Turkish bath, fitness area.
Treatments: Fourteen kinds of dry massages (honourable mention to the peppermint foot massage); hydromassage; facial treatments. Check out the vibrating floatation bath with scented water.
Online: riaparkhotels.com

Vila Vita, Porches

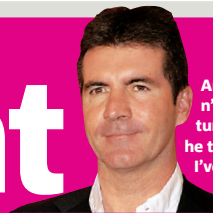
A very luxurious five-star hotel with an extravagant garden, where you feel like even the birds are there to entertain guests.
Spa facilities: Steam rooms, sswimming pool, Roman bath, waterfall, rest areas.
Treatments: Massages, algae bath, milk and honey bath, cosmetic treatments, physiotherapy. Be sure to try the snow room with man-made snow.
Online: vilavitahotels.com

Looking toward the sea at the Vila Vita.

Potter star sentenced

Harry Potter actor Jamie Waylett has been hit with 120 hours of community service after pleading guilty to drug charges. Waylett, who plays bully Vincent Crabbe in the Potter films, plead guilty to growing 10 marijuana plants in his mother's England home. POPEATER.COM

Entertainment



Fan of Paula

American Idol judge Simon Cowell isn't worried about Paula Abdul not returning to the show. "She'll be fine," he tells Extra. "I don't get a lot of say. I've just made it clear that I want Paula on the show." USMAGAZINE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

Native rock Swagger

Nunavut singer Lucie Idlout a 'fierce, alternative rocker'

IAN NATHANSON
for Metro Canada

Long before becoming a rock songstress, Lucie Idlout considered a career in politics.

"My area of interest was self-government and international human rights for indigenous peoples," says Idlout, who divides her time between Toronto and her hometown Iqaluit. "The problem was that every time a new government came in, we were forced to re-educate new ministers instead of moving forward in the rights of our peoples.

"Because I took that to heart, it really got me down. I didn't have the spirit for politics anymore."

Instead, she developed into what New Yorker magazine describes as a "fierce, alternative rocker" — possessing an edgy grit that could only come from someone used to bouncing between homes. Early in her life, Idlout's father bolted from the family and her formative years were spent both in the Nunavut capital and Ottawa.

Idlout turned to music as a creative outlet for expressing not only her own dealings, but also those of her home community. The title cut of her first solo effort, 2004's E5-770, My Mother's Name, stems from a 1940s-era Canadian federal government method of identifying Inuit people.

"It seemed to me that this acted as the first census for Inuit," Idlout explains. "But more importantly, it was a system that they used to fail our children. The way the system worked back then was 'get 'em while they're young' in terms of colonization."

FocusOn FirstNations

With punk-fuelled defiance, Idlout also addresses issues of suicide and domestic violence — the latter leading to an unexpected campaign. The track Lovely Irene, from Idlout's 2009 sophomore effort Swagger, was converted into an acoustic number, Angel Street, and grabbed the attention of Iqaluit mayor Elisapee Sheutiapik, who rechristened the street on which the city's women's shelter is housed. She later called upon other Canadian cities to name a street Angel in honour of women nationwide who have been victims of domestic violence.

Small wonder that Idlout was the ideal choice to open for The White Stripes during their visit to Iqaluit in 2007. The media attention surrounding that visit also highlighted Iqaluit as quite the centre of arts activity — carvers, folk singers, metalheads — beyond traditional throat singers and other Inuktitut-singing performers. Much of that attention can be credited to the likes of Tanya Tagaq Gillis, a throat singer renowned for collaborating with Björk, and folk-pop sensation Susan Aglukark.

"Nowadays there are people who are coming up with even newer, contemporary forms of music that's married to Inuktitut."

Nunavut rocker Lucie Idlout turned to music as a creative outlet for expressing not only her own dealings, but also those of her home community. Her latest album is called Swagger.

	Vu	SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
7/22/09 primetime	267	351 - ACCESS	Alberta Primetime (Live)		Monk		Old Christine	Gary Unmarr	America's Got Talent (N)		Primetime
	243	317 3 CFCN	etalk	Hollywood	CSI: NY (HDTV)		So You Think You Can Dance (N)				CTV News
	-	- 4 OMNI	Two/Half Men	The Simpsons	News		News		The Simpsons	King	Metropia
	-	371 5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Wipeout (HDTV) (N)		Japanese Game Show		Over a Barrel
	245	306 6 CBRT	Coronation St.	Jeopardy! (N)	Dragon's Den (HDTV)		The Tudors (DVS)		CBC News: The National		The Hour
	244	338 7 CICT	ET Canada	Entertainment	The Philanthropist (N)		Wipeout (HDTV) (N)		(10:02) In Plain Sight		News Hour
	246	- 8 CKAL	Law & Order: SVU		Krod Mandoon	Krod Mandoon	Goode Family	Surviving Sub.	Japanese Game Show		Your City
	119	705 9 CBXFT	Des squelettes	L'Épicerie (N)	La Petite Séduction (N) (SC)		Bons baisers de France (SC)		Le Téléjournal et Les Nou		TJ Alberta
	-	- 10 SHAW	(6) Local Programming						Local Programming		
	-	372 12 KREM	News	Hollywood	The Doctors		Old Christine	Gary Unmarr	Criminal Minds (HDTV)		CSI: NY
	-	374 14 KSPS	NewsHour With Jim Lehrer		Make 'em Laugh: Funny		Time Team America (N)		Ascent of Money (DVS)		Wide Angle
	502	390 15 CBC	CBC News: The National		Geologic Journey		CBC News: The National		CBC News: The National		Geo. Journey
	-	370 16 KHQ	News (N)	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	America's Got Talent		America's Got Talent (N)		Philanthropist
	-	373 22 KAYU	The Simpsons	Raymond	Two/Half Men	Two/Half Men	So You Think You Can Dance (N)				News
	297	652 37 WPIX	America's Next Top Model		PIX News at Ten Tong.		Two/Half Men	Friends	Sex and-City	According-Jim	Frasier
news	500	500 29 CNN	(6) Black in America (N)		Anderson Cooper 360		Black in America "Today's Pioneers" (HDTV)				Cooper 360
	508	502 31 CNN2	Jane Velez-Mitchell		Nancy Grace		Showbiz Tonight		Jane Velez-Mitchell		Nancy Grace
sports	400	400 21 TSN	MLB Baseball		SportsCentre (HDTV) (Live)			Off the Record	World Poker Tour		
	408	418 27 net	Soccer: Canada vs. U.S.		Sportsnet Con.		MLB Baseball Cincinnati Reds at Los Angeles Dodgers. (HDTV) (Live)				Sportsnet Con.
	410	403 30 SCORE	(5) RaceNight		Score Tonight		Final Score	Final Score	Final Score	Final Score	Final Score
	411	457 44 OLN	(6) Cycling Tour de France -- Stage 17.				Cycling Tour de France -- Stage 17.				
	417	406 48 SPEED	Pass Time (N)	Pass Time (N)	Wrecked	Wrecked	Pimp My Ride	Pass Time	Amer. Thunder	Pinks Outtakes	Pass Time
family	552	543 20 YTV	iCarly	iCarly	In Real Life "E.R."		Malcolm-Mid.	Futurama	Survive This	Adrenaline Proj	Falcon Beach
	557	541 39 FAM	Zoey 101	Life Derek	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School
	555	545 67 TOON	Ben 10	Johnny Test	Jimmy Two	Total Drama	6TEEN	6TEEN	Futurama	American Dad	Robot Chicken
	575	583 11 CMT	Reba	Reba	Hope & Faith	Hope & Faith	Karaoke Star Junior		Home Improve.	Home Improve.	Reba
	553	546 17 TREE	Little Bear	Bucket-Dinos	Big Comfy	Big & Small	Max & Ruby	Babar	Backyardigans	Ni Hao, Kai-lan	Go, Diego, Go!
	-	- 18 CHTV	The Insider (N)	E! News	Psych		D. Richards	Kendra	Forbes Celebrity 100-Bank		CHCA News
	505	398 19 TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	602	568 23 W	Style by Jury	Style by Jury	Style by Jury	Friends	Grocery Bag	Grocery Bag	Love It or List It		Trophy Wife
	521	560 24 TLC	I Didn't Know	I Didn't Know	Toddlers & Tiaras (N)		Extreme Aging: Hayley's Story		I Didn't Know	I Didn't Know	Toddler-Tiara
	603	561 25 FOOD	Iron Chef America		The Next Food Network Star		Opening Soon	Opening Soon	Unwrapped	Unwrapped	Diner, Dive-In
	615	520 26 A&E	Dog the Bounty Hunter		Bounty Hunter	Bounty Hunter	Tattoo High.	Tattoo High.	Bounty Hunter	Bounty Hunter	Bounty Hunter
	617	522 32 SHOW	Trailer Park	Trailer Park	The Outer Limits		The Guard "The Hold"		*Secret Lives* (2005, Suspense)		
	601	562 33 SLICE	End of Leash	End of Leash	End of Leash	End of Leash	ET Canada	Til Debt-Part	Real Housewives OC		Trading Sp
	-	633 34 ENC2	*The Outsiders*	*Bad Money* ★★ (1999, Comedy), Karen Sillas			*Ocean's Eleven* ★★★ (2001, Comedy-Drama), Matt Damon				*Get Shorty*
	520	505 35 DISC	Deadliest Catch "Bitter Tears"		Mayday "Fire Fight"		Daily Planet		Mayday "Fire Fight"		Mighty Ships
	620	523 36 BRAVO	Wingfield	Wingfield	Beyond-Screen	Manitowapow	Law & Order		Without a Trace "Trials"		*Last Sept*
	294	650 40 WPCH	MLB Baseball		Seinfeld	Family Guy	Family Guy	Steve Harvey	*Above the Rim* ★★ (1994, Drama), Leon		
	626	547 41 COM	Laughs	Comedy Now	Air Farce	22 Minutes	22 Minutes	Corner Gas	The Simpsons	South Park	Jon Dore Show
	-	539 42 TCM	(6) *Waterloo Bridge* (1940)		*The Bridge on the River Kwai* ★★★★ (1957, War) William Holden, Alec Guinness.						*Adv Robin*
	628	584 43 SPIKE	UFC Fight Night (HDTV)				UFC Unleashed		CSI: Crime Scene Invstgtn.		Amazing Video
	522	516 45 HIST	Mob Stories		NCIS "Twisted Sister"		Cities of the Underworld		Ice Road Truckers		NCIS
	627	528 46 SPACE	Primeval (N)		Torchwood: Children of Earth		(9:15) Stargate SG-1		Star Trek: Next Gener.		Trek: Voyager
	-	- 47 AMC	(6) *Fight Club* ★★★ (1999, Suspense) Brad Pitt.				*Missing in Action 2: The Beginning* (1985, Adventure)				*Fight Club*
	619	525 49 TROP	North of 60		The Crow: Stairway to Heaven		What Happen?	What Happen?	Seinfeld	Raymond	Family Guy
	600	564 50 HGTV	Property Virgin	Hid Potential	House Hunters	House Hunters	Holmes-Homes	Holmes-Homes	Hid Potential	Property Virgin	Big City Broker
	501	391 52 CTV	CTV News Tonight		News	CTV News	News	CTV News	News	CTV News	News
	504	508 70 BNN	Taking Stock		Market Call		Headline	Market Call	Commodities	Business News	Taking Stock
	526	507 92 VIVA	The Closer		Mediums	Psychic Detect	Mediums	Encounters	Judging Amy		Medium
	269	350 93 APTN	Canadian Geographic		Running Against Crime		Tears	Vitality	Miywayawin	Find. Our Talk	Wings-Canada
	-	- 94 MCP	World News	CTI News	Banquet	Kingdom-Wind	Van. Nights	Iranian Pop	Sabor Latino		Sabor Musical
	571	581 100 MMM	I'm a Celebrity, Get Me Out.		Entourage	Gene Simmons	The Daily Fix		I'm a Celebrity, Get Me Out.		Entourage
	570	580 101 MM	Video on Trial	Video on Trial	Video on Trial	Technical Diff.	One Tree Hill		Video on Trial	Video on Trial	disBand
	581	566 102 MTV	The Real World		The Real World (N)		MTV Live	After	True Love	The X Effect	Real World

critics'corner

Dragon's Den

Pro wrestling may be fake, but the muscles on the participants are real. In this episode, the Dragons hear a pitch from a former wrestler who has a new bodybuilding system. Also seeking support are a florist who wants to grow his operation, a prodigy with a teaching-tool business and the inventor of a new disposal method for dog waste. 8 PM on CBRT

The Next Food Network Star

In this episode, Bobby Flay tests the remaining seven finalists by having them demonstrate their take on the classic American hamburger, with the best burger plate landing a spot on the menu of Flay's new restaurant, Bobby's Burger Place. Then Guy Fieri and USA Weekend magazine associate editor T.J. Walter surprise the finalists at the Intrepid Sea, Air and Space Museum, where they'll cook for returning U.S. soldiers. 8 PM on FOOD

In brief

MOVIES Gil Adamson's historical novel The Outlander has been acquired for a film adaptation. Outlander tells the tale of a 19-year-old woman struggling to survive in the Canadian wilderness while being pursued by her late husband's brothers, who are seeking revenge for his murder.

MOVIES Screen Gems and Jennifer Aniston are teaming up to tell a tale of lingering racial tensions in the Deep South. The company has acquired Holler (a.k.a. Mutt), written by Dana Adam Shapiro, co-director of the Oscar-nominated documentary Murderball.

MOVIES Warner Bros. and in-demand screenwriter Brad Ingelsby will develop a feature based on Sacred Prey, Vivian Schilling's novel about a hit man who becomes the victim of his own takedown.

REUTERS

Kenya's Style

Kenya Hunt

Read the blog at metronews.ca/kenyasstyle

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

Shock rocker is back

Live Nation is proud to present Marilyn Manson with special guests at Southern Alberta Jubilee on September 10th. Tickets go on sale this Friday, $65.50 & $47.50, available at Ticketmaster, or Charge by Phone 403-777-0000. METRO NEWS SERVICES

Ugly Truth's dirty talk

Katherine Heigl and Gerard Butler aren't afraid to drop the F-bomb in the raunchy rom-com The Ugly Truth.

NED EHRBAR
Metro World News

Movie feature

The battle of the sexes gears up for one more round in the new film The Ugly Truth. In it, Katherine Heigl and Gerard Butler square off as a pent-up TV producer and the loudmouth lout hired to boost her morning news show's rating.

Naturally, they hate each other right off the bat.

The film pokes fun at many of the anxieties men and women face in the dating world, and even though production wrapped months ago, the two stars are still debating.

"Would you want a woman to call you not once but twice if you haven't returned her phone call?" Heigl asks. Butler's response? A simple, "Yeah," to which Heigl raises a dubious eyebrow: "Really?"

One thing the stars can agree on is how physically demanding shooting one of the film's more infamous scenes was. Let's just say it involves a business dinner and vibrating panties. And to get the scene shot correctly, the actors had to perform it more than 35 times.

Butler has high praise for his leading lady after enduring so many takes. "It was one of the most brilliant performances I've ever seen," he says. "She was, dare I say, bang on. It was incredible."

"It was physically exhausting," Heigl admits. "By the end of the day, I felt like I'd run a marathon. No one wants to orgasm 35 times."

For Heigl, a comedy rated R in the United States isn't new territory, considering her star turn in 2007's Knocked Up. And she sees a distinct difference in that kind of raunchier comedy — which has been winning big at the box office lately with films like The Hangover — versus safer fare, like her PG-13 hit 27 Dresses, which Heigl admits has an air of fantasy about it.

"As much as I love that younger audience, I still feel like I want to tell a real story to people my age. And we throw (the F-word) around a lot," she admits. "When you have to censor so much for that PG-13 rating, it starts to get a little cute."

Heigl admits she's a fan of foul language on screen as well as off. "I talk like that all the time anyway," she says. "I love raunchy humour. I don't know why. I should probably get a little more sophisticated.

"It's not that I always want to do R-rated movies," she insists. "There's just something about the ability to be crass and drop the F-bomb on occasion."

As for Butler, it's usually more than occasional when it comes to cursing. So how did the foul-mouthed Scotsman enjoy being in a comedy with R-rated dialogue?

"I was in heaven," he says, though he admits learning his lines was a bit trickier for this than for his more action-fuelled work. "In my defence, I never f—ing shut up in this movie."

The Ugly Truth hits theatres on Friday

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Creepy kids that keep us awake at night

STEVE GOW
for Metro Canada

There's really nothing quite as sweet and innocent as a cute, precocious little 8-year old. That is, unless you're in Hollywood where filmmakers continue to turn toddlers into terrorizing tyrants.

When Orphan hits theatres this Friday, it will mark the latest chiller that uncovers a youngster much more sinister than she first appears. Producers are hoping to cash in on the little devil following the long tradition of creating creepy cinematic children.

Here's a brief record of the top thrillers starring Tinseltown's most terrifying tots:

THE BAD SEED In this 1956 classic, a cute 8-year old with good grades and pigtails is also a blood-curdling psycho who'll kill classmates for their penmanship medal. Little Rhoda Penmark would've reduced 'Beaver' Cleaver to nothing but a blubbering puddle.

Memorable quote: "Children can be nasty, don't you think?"

VILLAGE OF THE DAMNED This 1960 adaptation of John Wyndham's The Midwich Cuckoos features a whole hamlet of women who gave birth to unearthly offspring with glowing eyes. If you think it's hard to convince your kid to eat broccoli, try it when they have malicious telepathic powers.

Memorable quote: "What's important about (children) is whether they're good or bad and these children are bad."

THE OMEN In 1976, little Damien redefined the term "problem child" when it was revealed he was actually the son of Satan.

Of course, you don't get that information from a hospital chart — it took a few dead nannies for his father (Gregory Peck) to realize, 'hey, I think this kid might just be the Antichrist!' The film was later remade in 2006 and released on June 6, 2006 — or 666.

Memorable quote: "Wrong? What could be wrong with our child, Robert?"

THE GOOD SON After charming audiences in Home Alone, little Macaulay Culkin got spooky in this 1993 thriller dumping dummies off busy highway overpasses and shooting defenseless dogs. In case you haven't guessed, he didn't play the title role.

Memorable quote: "I think he's going to be fine."

HIDE AND SEEK Dakota Fanning had her turn emoting eerily in this 2005 film consorting with an imaginary friend with serious homicidal tendencies. Anyone who can spook Robert DeNiro is definitely creepy, a little girl notwithstanding.

Memorable quote: "It's not unusual for a child to create an imaginary friend." Want to bet?

The Omen remake was release in 2006.

Britney to regain control?

Britney Spears' father might be letting go of the reins soon. Sources told TMZ that Jamie Spears will ask the court to review the terms of the conservatorship after her concert tour ends in November and let the judge decide if she should regain control of her life. **POPEATER.COM**

Celebrity Buzz

Michael's resting place in limbo

REST IN PEACE With Michael Jackson temporarily interred at Forest Lawn Memorial in Los Angeles, his family is wrestling with a painful decision: Where will the King of Pop finally be laid to rest?

A source close to the Jackson family told people.com, "They (still) haven't decided," but added that the singer's parents and siblings might be one step closer to an agreement.

Michael's mother Katherine Jackson, 79, had previously objected to making the Neverland ranch his final resting place because, says the source, "She thinks it's a place of horrible memories. She says Michael wouldn't want to be there." (Authorities once alleged Jackson molested children at the ranch; he was acquitted of all charges 2005.) However, she has since softened her stance, according to the source.

"Katherine is still opposed to Michael being buried at Neverland, but would relent if it could be arranged for Michael's children to gain ownership of the property," the source explained. "If they could have complete ownership, Katherine would approve."

How that arrangement might work, however, is up in the air; currently a majority stake in the property is held by private investors. "That's one of the things they're trying to figure out," the source said, noting that there is money to be made if Neverland becomes a tourist attraction like Graceland, the Memphis home of Elvis Presley.

The other location in play is Forest Lawn, where a private memorial for Jackson was held the morning of his July 7 public tribute in Los Angeles.

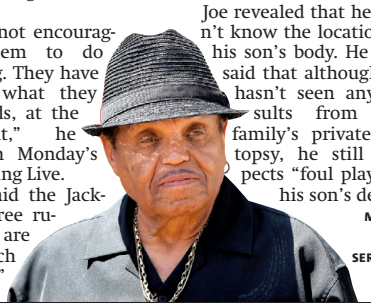
METRO NEWS SERVICES

No career for MJ's kids: Joe

DENIAL Despite earlier comments to ABC News that Michael Jackson's kids could be stars, Joe Jackson now says has no plans to turn them into entertainers, usmagazine.com reports.

"I'm not encouraging them to do nothing. They have to be what they are, kids, at the moment," he said on Monday's Larry King Live.

He said the Jackson Three rumours are "a bunch of jive."



He also denied ever abusing his late son, despite previous accusations from the King of Pop himself.

"I never abused my son," Joe insisted. "Michael was never beaten."

Joe revealed that he didn't know the location of his son's body. He also said that although he hasn't seen any results from the family's private autopsy, he still suspects "foul play" in his son's death.

METRO NEWS SERVICES

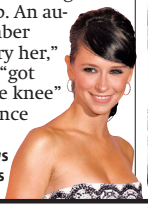
Jess bounces back

MOVING ON A newly single Jessica Simpson has been getting by with a little help from her friends. The singer hit the town with three friends, posting photos on Twitter. "Love my ladies," Simpson wrote. "Wish I could be with them every day of my life. Laughter is wonderful."

METRO WORLD NEWS

Love finds love

ENGAGEMENT Jamie Kennedy and Jennifer Love Hewitt are reportedly set to marry. A Page Six source says the actor pulled Hewitt onstage at a comedy club. An audience member yelled "marry her," so Kennedy "got down on one knee" as the audience applauded.



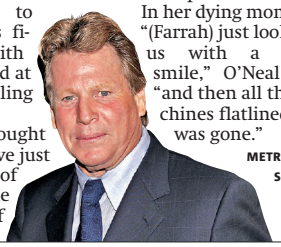
METRO NEWS SERVICES

Farrah's final moments

MOURNING Ryan O'Neal is speaking out for the first time since Farrah Fawcett's June 25 death in a new interview with NBC Today's Meredith Vieira, usmagazine.com reports.

In the interview which aired yesterday, O'Neal, 68, opens up to Vieira about his final moments with Fawcett, who died at age 62 after battling anal cancer.

"(Doctors) thought that she would live just another couple of hours, and she lived a couple of days," O'Neal said of his longtime love, who spent her last days at St. John's Hospital in Santa Monica, Calif. "So I had a bed put in the room for me. And I just lay by her side. She wouldn't — move on. She wouldn't pass."



In her dying moments, "(Farrah) just looked at us with a slight smile," O'Neal said, "and then all the machines flatlined. She was gone."

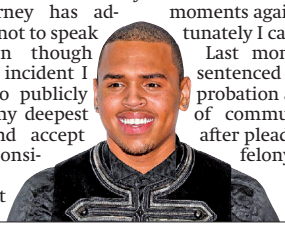
METRO NEWS SERVICES

Chris says he's sorry

MAKING AMENDS In a new video posted on TMZ.com Monday, Chris Brown apologizes for allegedly beating Rihanna earlier this year, usmagazine.com reports.

"Hi, I'm Chris Brown," he began. "Since February my attorney has advised me not to speak out, even though since the incident I wanted to publicly express my deepest regret and accept full responsibility.

"I felt it was time you heard directly from me that I am sorry. I have tried to live my life in a way that would make those around me proud of me, and until recently, I think I was doing a pretty good job. I wish I had the chance to live those few moments again, but unfortunately I can't."



Last month, he was sentenced to five years probation and 180 days of community labour after pleading guilty to felony assault.

METRO NEWS SERVICES

Victoria's fake tan impresario

POSH'S TEAM Spray-tan impresario Jimmy Coco is a regular visitor to Victoria Beckham's house, he's boasts. "When we met, she had the worst fake tan ever," Coco told the Daily Mail. He says he stops by her home twice a month to spray on a nice, even bronze tone — while Beckham wears nothing but a white paper thong.

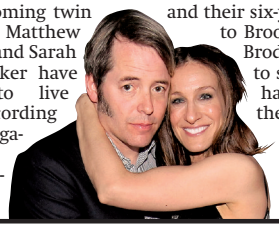
GETTY IMAGES

METRO WORLD NEWS

SixChix — For more cartoons, visit metronews.ca

Sarah and Matthew separate?

ON THE ROCKS? Mere weeks after welcoming twin daughters, Matthew Broderick and Sarah Jessica Parker have decided to live apart, according to Look magazine.



Parker reportedly wants to move the girls and their six-year-old son to Brooklyn, while Broderick wants to stay in Manhattan in their West Village townhouse.

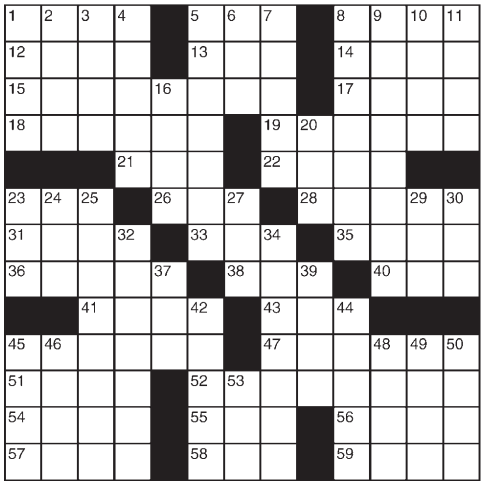
METRO WORLD NEWS

Today Sunny 29 C / 11 C
Thursday Sunny 29 C / 12 C
Friday Sunny 29 C / 13 C

BT BREAKFAST TELEVISION

Andrew Schultz, Weather Specialist – Breakfast Television
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta." **WEEKDAYS AT 6 A.M.**

Take Five



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

			1				8	
						6	2	
1			5	6		4		7
2				4			9	
3	5						1	6
	6			7				5
8		6		1	9			4
	3	1						
	2				3			

Crossword across

1 "Twilight of the —"
5 Vanna's companion
8 Highlander
12 Cruising
13 Ipanema is there
14 Plankton component
15 It'll get you nowhere
17 Bailout acronym
18 Page numbers
19 Cheers up
21 Type squares
22 "I advise against it"
23 Work unit
26 Go up and down
28 Relinquish
31 Body powder
33 Zero
35 Algonquian language
36 Texas cook-off dish
38 Calendar abbr.
40 Evergreen type
41 Lean (toward)
43 Wrigley product
45 Gas rating number
47 Didn't sit on the bench
51 Declaration of Independence starter
52 Nervously excited
54 Dumbo's "wings"
55 The Da Vinci coat?
56 Otherwise
57 Eyelid woe
58 Conger, for one
59 Coaster

Crossword down

1 Big fishing hook
2 Norway's capital
3 Transaction
4 Composer Erik
5 Apply fake fingernails
6 Melody
7 Tinkered (with)
8 Evil
9 Making a commotion
10 Shrek is one
11 Eaves-droppers' equipment
16 "Who's buried in Grant's —?"
20 Myrna of Hollywood
23 List-ending abbr.
24 "Go, team!"
25 Tinsel-like
27 Auction action
29 Shelter
30 Morning moisture
32 Wash
34 Humorous hoax
37 Hostel
39 Zealous group
42 Crusoe's creator
44 Partners
45 Has bills
46 Converse
48 Holler
49 Gaelic
50 Tuned blue?
53 Whopper

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

4	6	7	5	2	8	9	1	3
3	2	8	9	6	1	4	7	5
1	5	9	3	4	7	6	2	8
8	4	6	1	5	2	3	9	7
2	9	3	8	7	6	1	5	4
5	7	1	4	9	3	2	8	6
6	3	5	2	8	9	7	4	1
9	1	4	7	3	5	8	6	2
7	8	2	6	1	4	5	3	9

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Succulent Grilled Steak with Crispy Potatoes

INGREDIENTS:
1 round steak, 3/4 in. (2 cm) thick
1/2 tsp (2 ml) pepper
4 medium baking potatoes, washed and sliced lengthwise into 1/2-in. (1-cm) slices

CHIMICHURRI SAUCE:
1/3 cup (75 ml) reduced-salt chicken stock
1 tbsp (15 ml) extra virgin olive oil
2 tbsp (10 ml) freshly squeezed lemon juice
2 large garlic cloves, finely chopped
1 tbsp (15 ml) chopped fresh oregano or 1 tsp (5 ml) dried oregano
1/2 tsp (2 ml) crushed dried chilies, or to taste
1 small onion, finely chopped
1/2 cup (125 ml) finely chopped Italian parsley

METHOD:
1. Put all sauce ingredients in sealable plastic bag and shake to mix. Rub steak on both sides with half the pepper, then put steak in bag and close. Refrigerate 30 minutes, or up to 2 hours, turning once.
2. Meanwhile, place wire cooling rack over paper towel. Bring potatoes, remaining pepper and enough water to cover to boil in pot over high heat. Reduce heat to medium and simmer until potatoes are almost tender, 10 minutes. Transfer potatoes to rack. Lightly coat potatoes on both sides with nonstick cooking spray (preferably olive oil).
3. Remove steak from sauce. Boil sauce vigorously in small pot 3 minutes, stirring constantly. Remove from heat and cover to keep warm. Meanwhile, coat grill pan with nonstick cooking spray and set over medium-high heat. Cook steak and potatoes until steak is done to taste (3 to 4 minutes on each side for medium-rare, 4 to 5 minutes for medium) and potatoes are crispy, about 4 minutes per side. Thinly slice steak across grain. Divide potato and steak slices among 4 plates. Spoon about 2 tbsp (25 ml) warm sauce over each serving.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton

sallybrompton.com

ARIES ♈
MARCH 21-APRIL 20
Harmony at home may have been somewhat elusive of late but today's solar eclipse will help you make the peace.

TAURUS ♉
APRIL 21-MAY 21
Honesty may be the best policy but sometimes honesty can be a bit dangerous too, and that's something you need to bear in mind today.

GEMINI ♊
MAY 22-JUNE 21
For too long you have been content to take what you were given but today's solar eclipse in the money area of your chart urges you to be more dynamic.

CANCER ♋
JUNE 22-JULY 22
Today's solar eclipse in your sign will in some way or other reward you for the not inconsiderable efforts you have put in over the past few weeks.

LEO ♌
JULY 23-AUG 23
The Sun's transit of your birth sign as from today means you no longer have to worry what others think, feel or say. Now it's all about you.

VIRGO ♍
AUG 24-SEPT 22
It may not be possible for one person acting alone to change the world but several like-minded individuals working together can make a difference.

LIBRA ♎
SEPT 23-OCT 23
All the efforts of the past few weeks will come to a satisfying conclusion today, and no one will be able to say that you are not a winner.

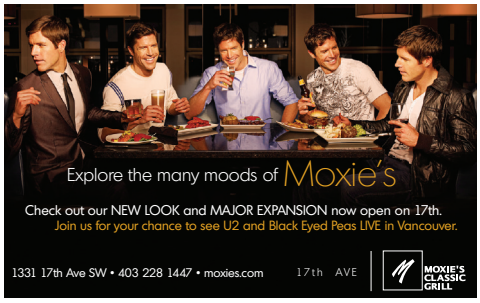
SCORPIO ♏
OCT 24-NOV 22
With your confidence so high at the moment you will want to do something outrageous, and that's fine. Just don't jeopardize your good reputation.

SAGITTARIUS ♐
NOV 23-DEC 21
The more others try to belittle you today the more likely it is they are scared that you are about to outshine them. And they're right.

CAPRICORN ♑
DEC 22-JAN 20
The eclipse in your opposite sign of Cancer means that friends and family members know what is best for you as well as for themselves.

AQUARIUS ♒
JAN 21-FEB 18
The Sun's transit of the relationship area of your chart over the next four weeks or so means you won't have time to take care of details.

PISCES ♓
FEB 19-MARCH 20
Be forceful, be dynamic and be the one who makes things happen, in your private life and in your work.



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